

30 Minute HIIT A

Work (Repeat 3 Times)

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Jumping Jacks	01:00	1	00:15	00:00	03:45
Wall Sit	00:45	1	00:15	00:00	03:00
Push-Up	00:45	1	00:15	00:00	03:00
Crunch	00:45	1	00:15	00:00	03:00
Jump Squat	00:45	1	00:15	00:00	03:00
Alternating Lunges	00:45	1	00:15	00:00	03:00
Mountain Climber	00:45	1	00:15	00:00	03:00
Triceps Dip	00:45	1	00:15	00:00	03:00
Plank	00:45	1	00:15	00:00	03:00
Boxer	00:45	1	00:15	00:00	03:00
High Knees	00:45	1	00:15	00:00	03:00
Rotational Push-Up	00:45	1	00:15	00:00	03:00
Side Plank	00:45	1	00:15	01:00	04:00
Total	30:00		09:45	03:00	40:45

Class Plan Totals

Total Work Time	30:00
Total Rest Time	09:45
Total Transition Time	03:00
Total Time	40:45

Exercises

Alternating Lunges	Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then, raise up and bring your back foot forward so that you move forward (like you're walking) a step with every rep. Step forward with the alternate leg and repeat.
Boxer	Starting with feet hip-width apart and knees bent, keep the elbows in and extend one arm forward and the other arm back. Hug the arms back in and switch arms.
Crunch	Lie on your back with the knees bent and feet flat on the floor. With hands behind the head, place the chin down slightly and peel the head and shoulders off the mat while engaging the core. Continue curling up until the upper back is off the mat. Hold briefly, then lower the torso back toward the mat slowly.
High Knees	Stand tall with your feet shoulder-width apart. Without changing your posture, raise your left knee as high as you can and step forward. Repeat with your right leg. Continue to alternate back and forth.
Jump Squat	Stand with feet hip-width apart, toes parallel to one another. Engage your glutes and core, and send your hips back as you sink into a squat. From the bottom of your squat, use all of your strength to explode up, getting both feet off the ground. Land lightly on your toes, and immediately sink into your next squat. Repeat.
Jumping Jacks	Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump up just enough to spread your feet out wide. Without pausing, quickly reverse the movement and repeat.
Mountain Climber	Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward.
Plank	Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position.
Push-Up	Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent
Rotational Push-Up	Perform a normal push up, after coming back up into a starting push up position, rotate the body to the right and extend the right hand overhead, forming a T with the arms and torso. Return to the starting position, do a normal push-up, then rotate to the left.
Side Plank	Lie on the ground on your back, roll to the right side and come up on your right foot and elbow. Make sure the hips are lifted and the core is engaged. Perform again on the left side.
Triceps Dip	Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Bend them to a 90-degree angle, and straighten again while the heels push towards the floor. For some extra fire, reach the right arm out while lifting the left leg.
Wall Sit	Slowly slide your back down a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight.